

NOVEMBER 2016 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 beef tips w/mushrooms & gravy mashed potatoes broccoli peaches, wheat bread</p>	<p>2 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread</p>	<p>3 (**) scrambled eggs sausage links country potatoes/gravy banana, OJ biscuit</p>	<p>4 breaded fish fillet red potatoes mixed vegetables apple, wheat bread pudding w/pineapple</p>	<p>7 (**) vegetable lasagna garden salad peas mandarin oranges whole wheat bread</p>
<p>8 beef tips w/mushrooms & gravy mashed potatoes carrots, wheat bread fruit cocktail</p>	<p>9 chicken leg & tortellini w/marinara sauce broccoli pineapple tidbits whole wheat bread</p>	<p>10 (**) meatloaf w/gravy red potatoes winter blend vegetables banana, wheat bread chocolate pudding</p>	<p>11 <i>Center Closed</i> </p>	<p>14 lemon pepper chicken brown rice Brussels sprouts apricots whole wheat bread</p>
<p>15 beef stroganoff w/mushrooms & gravy egg noodles spinach mandarin oranges whole wheat bread</p>	<p>16 pork loin w/gravy au gratin potatoes peas jell-o w/pears whole wheat bread</p>	<p>17 (**) roasted turkey & gravy bread stuffing holiday yams mashed potatoes green beans, roll, OJ cranberry sauce, pie</p>	<p>18 baked pangasius fish w/lemon butter sauce roasted red potatoes mixed vegetables diced peaches whole wheat bread</p>	<p>21 chicken alfredo fettuccini noodles baby lima beans fresh orange whole wheat bread</p>
<p>22 (**) beef lasagna green salad winter blend vegetables apricots garlic breadstick jell-o</p>	<p>23 taco chicken salad lettuce/tomato/cheese pinto beans carrots tropical fruit flour tortilla</p>	<p>24 <i>Center Closed</i> </p>	<p>28 <i>Center Closed</i> </p>	<p>28 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole wheat bread</p>
<p>29 lazy herb chicken leg red potatoes mixed vegetables pineapple tidbits whole wheat bread</p>	<p>30 beef pot roast w/gravy mashed potatoes green beans fresh apple whole wheat bread</p>	<p></p>	<p></p>	

SENIOR NUTRITION OFFICE (951) 342 - 3057

Bloomington	(909) 546-1399
George White	(909) 770-8173
Casa De La Vista	(909) 335-8888
Rialto	(909) 877-1360
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Rancho Cucamonga	(909) 477-2780
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Your voluntary donation of \$3.00 helps us to continue providing you with a nutritious meal.

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Funding for this program is through your donations and a grant from the California Department of Aging

FSA is contracted through the County of San Bernardino Department of Aging and Adult Services for your community.

(800) 510-2020

FAMILY SERVICE ASSOCIATION
21250 Box Springs Road, Suite 212
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1% Milk is served with every meal.
(**) INDICATES A HIGH SODIUM MEAL - OVER 1,000mg
MEALS are subject to CHANGE due to the availability of food products